

## PROCEDURES/RULES OF THE ORC ERGATTA

1. Rowers are asked to **report to the registration desk 30 minutes before their schedule race.** The rowers will pick up their **race card and pencil** and then have their height and weight measured.
2. Rowers will only be allowed **to use the warm up ergs 15 minutes before their schedule race.**
3. **No changing of one's racing start time is** allowed unless authorized by the Ergatta Director, Mr. Tang.
4. **If a rower is late,** they better have a good reason, or else **they will not be allowed to race.** (Sleeping in or not knowing their start time does not count as a good reason.) Again, final decision will be made by Ergatta Director, Mr. Tang.
5. Rowers will start when commanded to do so (via a PA system). **Please ensure that you are being quiet on the start so that all rowers can hear the start command.**
6. Rowers must return their card and pencil to the registration desk as soon as possible after they are done their race. **Please ensure that the 2km time and average watts is recorded.**
7. **All rowers should work hard to get a personal best time and have fun.**